

# LIPID SCREENING GUIDELINES - ADULT

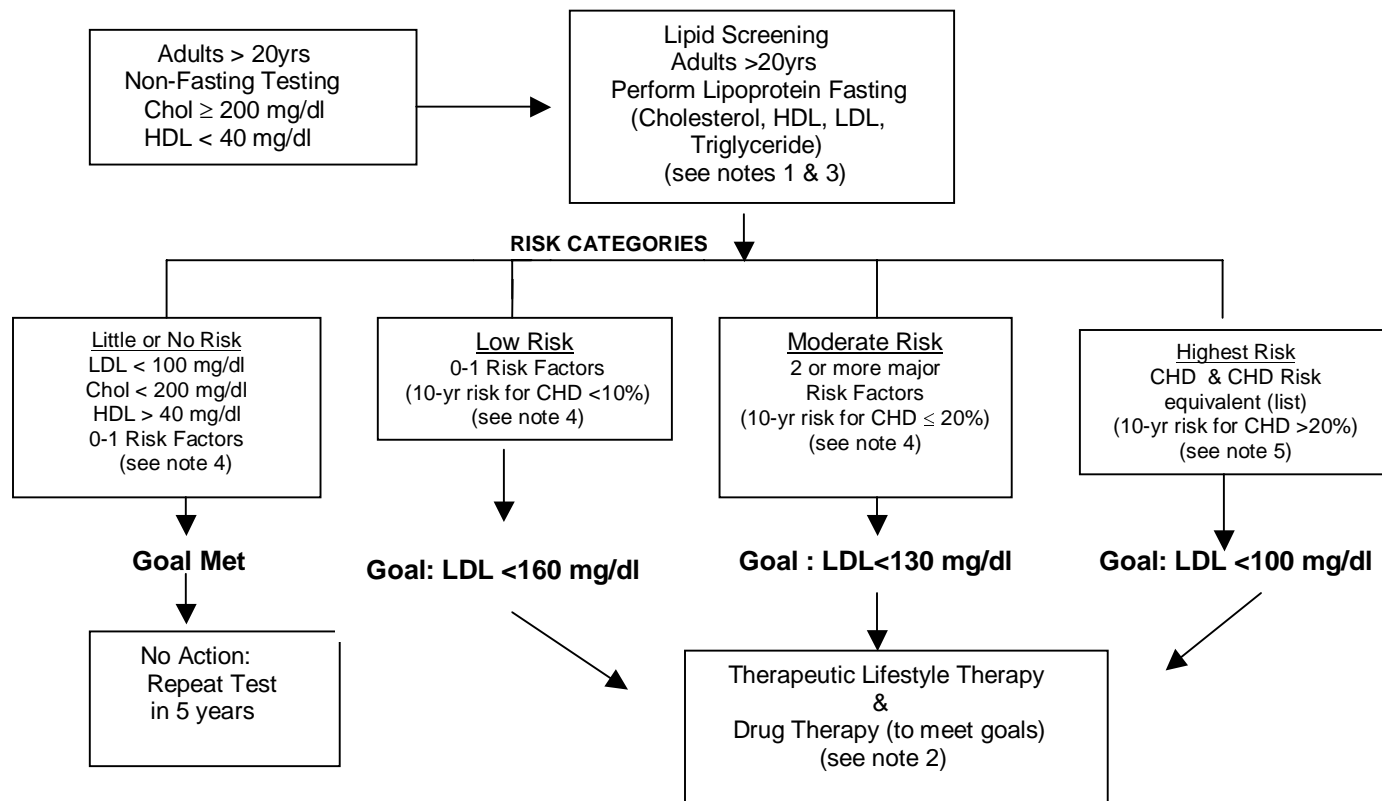
Washington State Clinical Laboratory Advisory Council

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## FOR EDUCATIONAL PURPOSES ONLY

The individual clinician is in the best position to determine which tests are most appropriate for a particular patient.



### NOTES:

- Before action is taken, average at least 2 measurements.
- Eliminate secondary dyslipidemia before initiating lipid lowering therapies.
  - Diabetes
  - Hypothyroidism
  - Obstructive liver disease
  - Chronic renal failure
  - Drugs that increase LDL cholesterol and decrease HDL cholesterol (progestins, anabolic steroids, and corticosteroids).
- Consider other risk factors and emerging risk factors such as obesity, physical inactivity, atherogenic diet, Lipoprotein (a), homocysteine, prothrombotic and pro-inflammatory factors, impaired fasting glucose, and evidence of subclinical atherosclerotic disease.
- Major risk factors (Exclusive of LDL Cholesterol) that modify LDL goals:
  - Cigarette Smoking
  - Hypertension (blood pressure  $\geq 140/90$  mm Hg or on antihypertensive medication)
  - Low HDL cholesterol ( $< 40$  mg/dL)
  - Family history of premature CHD (CHD in male first-degree relative  $< 55$  yrs; CHD in female first-degree relative  $< 65$  yrs)
  - Age (men  $\geq 45$  yrs; women  $\geq 55$  yrs).
- CHD risk equivalents comprise:
  - Other clinical forms of atherosclerotic disease (peripheral arterial disease, abdominal aortic aneurysm, and symptomatic carotid artery disease)
  - Diabetes
  - Multiple risk factors that confer a 10-year risk for CHD  $> 20\%$ .

(continued on back)

## LIPID SCREENING GUIDELINE-CHILDREN & ADOLESCENT

